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இலங்கைப் பரீட்சைத் திணைக்களம்
Department of Examinations, Sri Lanka

86 | E | I, II

අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
General Certificate of Education (Ord. Level) Examination, 2020

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சுகாதாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

පැය තුනයි
மூன்று மணித்தியாலம்
Three hours

අමතර කියවීම් කාලය - මිනිත්තු 10 යි
மேலதிக வாசிப்பு நேரம் - 10 நிமிடங்கள்
Additional Reading Time - 10 minutes

Use additional reading time to go through the question paper, select the questions you will answer and decide which of them you will prioritise.

Health and Physical Education I

Note :
(i) *Answer all questions.*
(ii) *In each of the questions from* 1 *to* 40, *pick one of the alternatives* (1), (2), (3), (4), *which is correct or most appropriate.*
(iii) *Mark a cross* (X) *on the number corresponding to your choice in the answer sheet provided.*
(iv) *Further instructions are given on the back of the answer sheet. Follow them carefully.*

1. Kumar, a handsome, popular athlete who is good at his studies, is leading his life according to religious beliefs. Accordingly, Kumar can be described as
(1) a skilled athlete.
(2) a popular athlete.
(3) an athlete free of diseases.
(4) a healthy athlete.

2. The principal of Handagama Vidyalaya conducted a shramadana with parents, teachers and villagers to disinfect the school premises. According to health promotion strategies, this activity belongs to
(1) formulate the policies.
(2) build a health promoting environment.
(3) obtain community participation.
(4) receive the required services.

3. A person who is living happily and actively while minimizing the risk of contracting illnesses and deformities is attempting to
(1) preserve the quality of life.
(2) lead a healthy life.
(3) lead an enjoyable life.
(4) lead a peaceful life.

4. A sprinter starts running forward in response to the sound of the pistol. The major organ systems that contribute to this action are
(1) muscular, skeletal, and respiratory systems.
(2) nervous, muscular, and circulatory systems.
(3) muscular, skeletal, and circulatory systems.
(4) nervous, muscular, and skeletal systems.

[see page two

- The following table lists the colours that represent the different nutritional statuses in a Body Mass Index (BMI) chart. Answer questions **5 – 7** based on this information.

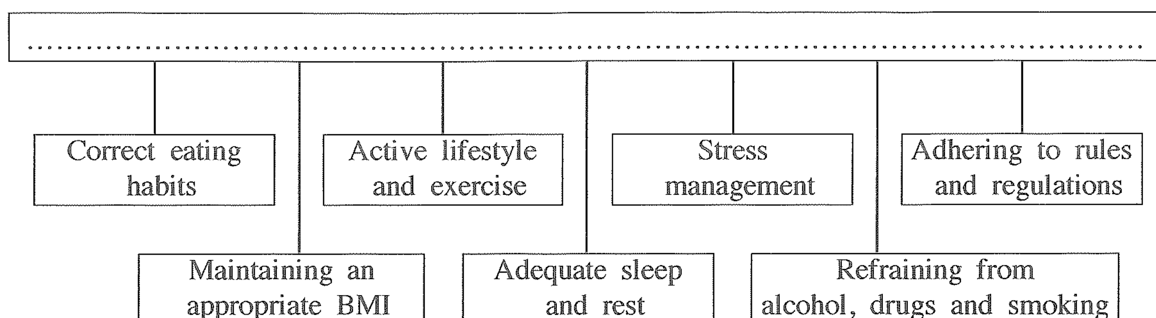
Nutritional status	**Colour**
Wasting	Orange
Normal weight	Green
Overweight	Light purple
Obesity	Dark purple

5. The colour that represents the nutritional status of an individual with a BMI of 29 could be
(1) orange. (2) green. (3) light purple. (4) dark purple.

6. The BMI of a person belonging to the orange zone of the chart could be
(1) 17.5. (2) 22. (3) 27. (4) 28.5.

7. A person with good physical fitness belongs to the
(1) dark purple zone. (2) light purple zone.
(3) green zone. (4) orange zone.

8. Select the option that contains the most suitable theme to fill in the blank of the following diagram.



(1) A lifestyle suitable to maintain total health
(2) The actions that should be taken to develop total personality
(3) Factors required for an active lifestyle
(4) Actions that should be followed to promote health

9. What is the tube in which food travels from mouth to stomach by peristaltic movements during the digestion process?
(1) Duodenum (2) Oesophagus (3) Small intestine (4) Large intestine

10. While engaging in a physical activity, an athlete rotates his arm 360 degrees at the shoulder joint. Accordingly, his shoulder joint acts as a
(1) hinge joint. (2) pivot joint.
(3) ball and socket joint. (4) gliding joint.

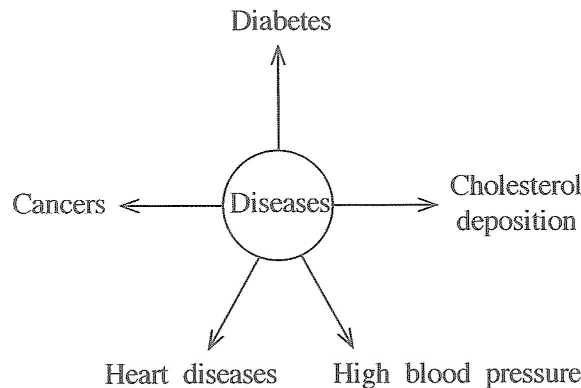
11. A person is suffering from the following symptoms.
- High fever
- Dry cough
- Painful itching of throat
- Difficulty in breathing
- Runny nose
- Dry throat

The above person could be suffering from
(1) whooping cough.
(2) COVID – 19.
(3) tuberculosis.
(4) diptheria.

[*see page three*

12. The most important action that should be taken to prevent the spread of Dengue fever is
(1) destroying mosquito breeding grounds.
(2) using mosquito nets and mosquito repellents.
(3) fumigating the home garden and the environment.
(4) wearing clothes that cover the body.

13. Several non-communicable diseases are listed in the following diagram.



The major cause for contracting the above-mentioned diseases is,
(1) excessive consumption of food rich in sugar.
(2) excessive consumption of food rich in fats and oils.
(3) excessive consumption of food rich in salt and chillie.
(4) careless lifestyle.

14. Some information about a certain disease is given below.
- This disease weakens the immune system.
- The infection can be detected using ELISA and Western Blot tests.
- The infection is caused by a virus growing only in living cells.

This disease could be
(1) genital warts. (2) HIV/AIDS.
(3) gonorrhoea. (4) syphilis.

15. As a trained first-aider, the first thing that you should do when you come across a patient with breathing difficulties would be,
(1) taking the patient to the nearest hospital.
(2) bringing a doctor immediately.
(3) taking actions to get the assistance of neighbours.
(4) giving artificial respiration according to the correct procedure.

16. Nishi is 27 days old. Kavi is 3 years old. The choice of answer containing the stages of life of these two persons in the correct order is
(1) infant stage and late childhood.
(2) neonatal stage and early childhood.
(3) prenatal stage and infant stage.
(4) infant stage and early childhood.

17. All of us had crabs for lunch. After sometimes itching, rashes and red eyes were evident in my sister. The above conditions could have been developed in my sister due to
(1) a food allergy. (2) food spoilage.
(3) food adulteration. (4) food poisoning.

18. When Cheka saw an elderly person who could not cross the road by himself, realising his need she quickly went to him and helped him to cross the road. The quality of Cheka that was evident at this incident is
(1) empathy. (2) sympathy. (3) kindness. (4) sensitivity.

[*see page four*

19. Low birth weight is defined as an infant born weighting
(1) 1.5 kg or less. (2) 2.0 kg or less.
(3) 2.5 kg or less. (4) 3.0 kg or less.

- Study the pairs of events A, B and C and answer question **20**.

A - [Giving proper immunization to children
Children contracting some infectious diseases

B - [Subjecting to mental stress for a longer period
Increased risk of developing mental illnesses such as depression

C - [Chewing betel, smoking, and consuming alcohol as a habit
Tendency to develop cancers in the digestive system and the respiratory system

20. The pairs of events of which the **increase** of the first event results in the **increase** of the second event is
(1) A and B. (2) B only. (3) B and C. (4) C only.

21. A runner who is taking part in the 1500 meter event should take
(1) the bullet start. (2) the medium start.
(3) the elongated start. (4) the standing start.

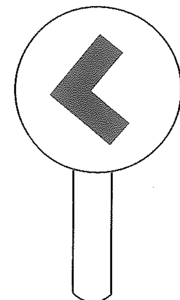
22. A starter gave the following three commands to start some events.
- On your mark
- Get set
- Go/Sound of the pistol

The events that the starter could have started are
(1) 1500 m running and 200 m running.
(2) 4 × 100 m relay and 800 m running.
(3) 4 × 100 m relay and 4 × 400 m relay.
(4) 1500 m running and 3000 m running.

23. When organizing an inter-house sportsmeet, which of the following is **not** a task of the main organising committee?
(1) Planning the events.
(2) Conducting the events.
(3) Preparing all documents required for the events.
(4) Controlling all activities related to the sportsmeet.

24. To find the directions, a jungle explorer should carry a
(1) compass. (2) road map. (3) torch. (4) mobile phone.

25. A referee showed me the Posting board given in the diagram while I was taking part in a race walking event. He showed this to indicate that
(1) both of my feet were not in contact with the ground.
(2) one of my feet was not in contact with the ground.
(3) I have bent my knees while walking.
(4) I have been disqualified from the event.



26. During running and walking, the balance is maintained by,
(1) maintaining the centre of gravity at a lower position.
(2) widening the supporting base.
(3) leaning the body forward.
(4) moving hands and legs in opposite directions.

[see page five

- The following table lists some events of four female athletes. Answer questions **27 – 29** based on this information.

Athlete No.	Events took part
15	Long jump, tripple jump
26	High jump
37	Pole vault
48	110 m Hurdles

27. Of these female athletes, the number/s belonging to the athlete/s who has/have taken part in vertical jumps is/are
(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

28. Athlete No. 48 has taken part in
(1) a horizontal jump. (2) steeple chase.
(3) a track event. (4) an obstacle run.

29. The number/s belonging to the athlete/s who has/have participated in horizontal jumps is/are
(1) 15. (2) 26. (3) 15 and 48. (4) 26 and 37.

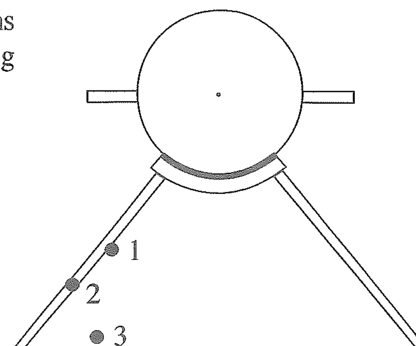
- Athletes A, B, C, and D of the 4 × 100 m relay team show the following abilities related to receiving and passing the baton. Answer question No. **30** and **31** based on this information.

A – Good at receiving the baton
B – Good at receiving and passing the baton
C – Good at passing the baton
D – Good at receiving and passing the baton

30. Of these athletes, the athlete who is the most suitable to start the relay is
(1) A. (2) B. (3) C. (4) D.

31. The athletes who are most suitable for the first and second changing zones are
(1) A and B. (2) A and C. (3) B and D. (4) C and D.

32. Denoted by 1, 2 and 3 of the following diagram are the positions where the shot landed at the three attempts of a thrower during a shot put event. Of these throws, the correct landing/s is/are
(1) 1 only.
(2) 3 only.
(3) 1 and 3 only.
(4) 1, 2 and 3.



33. The nutrient that should be taken much by the players who are engaging in sports such as football that require more endurance compared to other players is
(1) carbohydrates. (2) proteins. (3) lipids. (4) vitamins and minerals.

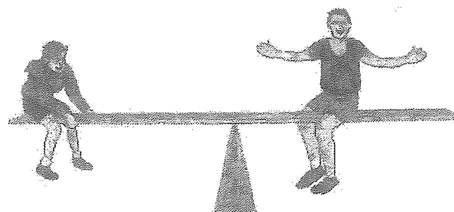
34.



The supporting leg of the ballet dancer shown in the diagram acts as
(1) a Type I lever.
(2) a Type II lever.
(3) a Type III lever.
(4) Type I and Type II levers.

[see page six

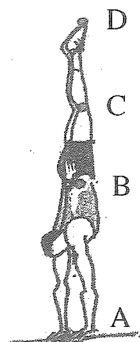
35. Consider the following statement and the reason related to the activity which is shown in the diagram given below.



Statement – The seesaw in the diagram is balanced on the pivot.
Reason – The forces acting on the right and left sides of the center of gravity of the seesaw (which is on the pivot) are equal.

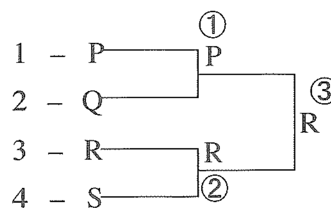
Select the correct answer choice regarding the statement and the reason.
(1) The statement is correct while the reason is incorrect.
(2) The statement is incorrect while the reason is correct.
(3) The statement and the reason are correct.
(4) The statement and the reason are incorrect.

36.



When a gymnast is doing a handstand as shown in the diagram, his centre of gravity is located at point
(1) A.
(2) B.
(3) C.
(4) D.

37. The fixture of a volleyball tournament of four teams P, Q, R and S, which was prepared after a draw among the four teams, is shown in the diagram. This draw is prepared
(1) correctly according to the league method.
(2) incorrectly according to the league method.
(3) correctly according to the knockout method.
(4) incorrectly according to the knockout method.



38. The combined event/s in which both male and female participants are competing is/are
(1) Pentathlon. (2) Decathlon.
(3) Pentathlon and Heptathlon. (4) Heptathlon and Decathlon.

● Study the pairs of events A, B and C and answer question **39**.

A - [Using banned performance enhances in sports over a long period
Risk of causing harmful effects to the body

B - [Watching the television while sitting daily for longer periods
Ability to improve health-related physical fitness

C - [Practising the correct running drills
Developing speed

39. The pairs of events of which the **increase** of the first event results in the **increase** of the second event are
(1) A and B. (2) B only. (3) A and C. (4) C only.

40. The city and the country in which the 2020 Olympic Games were planned to be held, but could not be held due to the COVID–19 pandemic are
(1) Tokyo, Japan. (2) Beijing, China.
(3) Sydney, Australia. (4) London, England.

* *

[see page seven

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இலங்கைப் பரீட்சைத் திணைக்களம்
Department of Examinations, Sri Lanka

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අධ්‍යයන පොදු සහතික පත්‍ර (සාමාන්‍ය පෙළ) විභාගය, 2020
கல்விப் பொதுத் தராதரப் பத்திர (சாதாரண தர)ப் பரீட்சை, 2020
General Certificate of Education (Ord. Level) Examination, 2020

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சுகாதாரமும் உடற்கல்வியும் I, II
Health and Physical Education I, II

Health and Physical Education II

* *Answer five questions only, selecting question* No. 1, *two questions from* Part I *and two questions from* Part II.

1. During the last extended school vacation, all the members of the Jayashri family spent the mornings engaging in gardening. They grew vegetables such as string beans, winged beans and brinjal, green leaves such as Gotukola and spinach, and manioc. The trees such as coconut, jak, mango, and banana were also there in the garden. The fresh produce collected from the garden became very useful for mother who was always concerned about preparing healthy meals. During that time period, they completely avoided junk food and instant food. They worked efficiently to maintain cleanliness of the environment as well. There, they cleared the places where water was accumulated, and produced compost using waste.

During leisure times, all family members played games such as Chess which develops mental health, and in the evenings, they played cricket. On some days, the children played minor games such as 'fishing-net' by setting their own rules and regulations.

Answer the questions from (i) to (x) **using the above incident**.

(i) Mention **two** activities that lead to the improvement of health-related physical fitness of Jayashri family.

(ii) Write **two** good food habits followed by the members of the Jayashri family.

(iii) Suggest **two** actions that the mother of Jayashri family can follow when preparing home-grown green leaves, to protect their nutritional value.

(iv) Write **two** food items that could be found from the garden of Jayashri family, which help to minimize constipation that their grandfather is suffering from.

(v) State **two** benefits that the Jayashri family can gain by maintaining the cleanliness of the environment.

(vi) Write **two** social skills that could be developed within these family members by working together.

(vii) Name **two** other games they can play in addition to the game mentioned in the given incident to develop their mental health.

(viii) Name the category of sports to which Cricket belongs, and state another game which belongs to the same category that can be played by them.

(ix) State **two** other features which can be seen in the minor game they created, except the feature mentioned in the incident.

(x) Write **two** benefits they will gain by engaging in sports.

(02 × 10 = 20 *marks*)

[*see page eight*

Part I

Answer two questions only.

2. A large number of deaths are reported around the world due to COVID-19 which has developed into a global pandemic recently.

   (i) Name the causative agent of the above disease and the organ system that is directly affected by the disease. (02 *marks*)

   (ii) State **three** actions that have been taken by the Sri Lankan government to prevent the spread of COVID-19. (03 *marks*)

   (iii) Write **five** actions you should take to prevent being infected from this disease. (05 *marks*)

3. Sri Lankans are facing numerous nutritional problems at present due to macronutrient and micronutrient inadequacies.

   (i) (a) State the **two** nutritional problems that are faced by people due to excessive and insufficient intakes of macronutrients.

   (b) State separately, **one** feature that can be seen in people sufferring from each of the two nutritional problems you mentioned in question (i)(a). (02 *marks*)

   (ii) Three micronutrient deficiency conditions faced by some students are listed below. Name one symptom of a disease that results from each of the listed deficiency conditions.

   (a) Iodine deficiency

   (b) Iron deficiency

   (c) Vitamin A deficiency (03 *marks*)

   (iii) (a) Write with examples, an action that can be taken by the students to minimize each of the three nutritional deficiencies mentioned in question (3)(ii). (03 *marks*)

   (b) State **two** actions that have been taken by the Sri Lankan government to minimize the nutritional deficiencies mentioned in question (3)(ii). (02 *marks*)

4. Briefly explain how you would act to overcome the following challenges successfully.

   (i) Your brother/sister who is in Grade 10 tells you that it is difficult to stay at home doing nothing, as the school vacation is extending.

   (ii) You get to know that your friends are planning to hold a party which results in violation of quarantine rules.

   (iii) You see that a neighbouring family with a low income has become helpless during the curfew period.

   (iv) Your friend tells you that he/she could not engage in regular training and physical fitness activities during this long vacation because he/she had to stay at home, trying out various foods and asks you what he should do for it.

   (v) After COVID-19 curfew, which was imposed to prevent the spreading of the disease is lifted, your mother asks you to bring some essential items from the nearby grocery store.

   (02 × 5 = 10 *marks*)

[*see page nine*

Part II

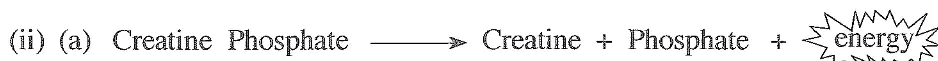
Answer two questions only.

5. The following table shows some details of muscle fibres that are abundantly found in arms and legs of a weightlifter and a marathon runner who won Gold Medals at Olympic Games. Accordingly, answer the questions given below.

The special characteristic of muscle fibres	Athlete A	Athlete B
Colour	White	Red
Contraction speed	High	Low
Anaerobic respiration	High	Low
Aerobic respiration	Low	High

(i) (a) Write separately, the letters that denote the weightlifter and the marathon runner.

(b) In addition to the characteristics listed in the table, mention one other characteristic of the muscle fibres that could be found abundantly in the arms of the weightlifter. (02 *marks*)

(ii) (a) 

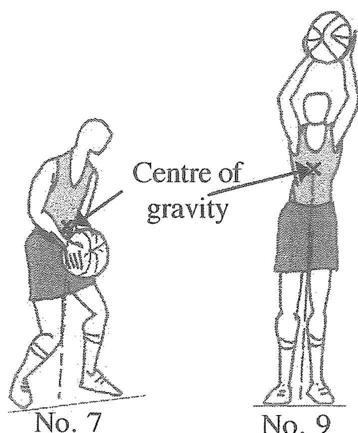
Which of the two athletes uses the above-mentioned energy system to produce most of the energy during his/her event? (01 *mark*)

(b) Briefly explain the reasons for your answer. (02 *marks*)

(iii) An athlete participating in an event of your schools's inter-house sports meet leaves the field because of a muscle strain (torn muscle). Assuming you are a member of the first aid unit, briefly explain how you would give first aid to him/her. You are equipped with a bed sheet, ice cubes, bandages, a piece of cloth and a supporting object only. (05 *marks*)

6. (i) Mention one example each of a static posture and a dynamic posture that you would maintain while you are practicing the march past of the inter-house sports meet. (02 *marks*)

(ii) The diagram shows two occasions in which players 7 and 9 are holding the ball during a basketball game.



(a) Out of these two players, write the number of the player who is more stable.(01 *marks*)

(b) Give reasons for your answer. (02 *marks*)

(iii) (a) In a relay race, during the baton change, the third runner dropped the baton within the changing zone. Which runner should pick the baton to complete the race? (01 *mark*)

(b) Assume you are given the task of training the Under 16, 4 × 100 m relay team and you have taught a baton changing method to them. Design and write two suitable activities to practice the baton changing method you taught earlier. (04 *marks*)

[*see page ten*

7. Answer only **one** question from the questions **A**, **B** and **C**.

A. (i) State **two** skills of volleyball. (02 *marks*)

(ii) During a volleyball match between the teams of Western and North Western provinces, the players of the Western province team committed rotational faults. Explain with reasons, your decision in this instance as a referee. (03 *marks*)

(iii) (a) The diagram shows an official hand signal given by a volleyball referee. What is indicated by this signal? (01 *mark*)

(b) If you have been provided with 12 players and two volleyballs, select one of the skills you mentioned in question A(i), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 *marks*)

B. (i) (a) Mention the **two** main netball passing skills. (01 *mark*)

(b) Write one example for each of the two passing skills you mentioned above. (01 *mark*)

(ii) During a netball match between the teams of Central and Uva provinces, the ball went out of court from the sidelines as two opposing players made simultaneous contact. Explain with reasons, your decision in this instance as an umpire. (03 *marks*)

(iii) (a) The diagram shows an official hand signal used by a netball umpire. What is indicated by this hand signal? (01 *mark*)

(b) If you have been provided with twelve players and two netballs, select one of the passing skills you mentioned in question B(i)(a), and design and write **two** suitable activities to develop the proficiency of the selected skill in players after teaching it. (04 *marks*)

C. (i) Mention **two** types of football kicks. (02 *marks*)

(ii) During a football match between the teams of Northern and Southern provinces, a player of Northern team deliberately pushed a player of Southern team inside the penalty area. Explain with reasons, your decision in this instance as a referee. (03 *marks*)

(iii) (a) The diagram shows a signal given by a football referee. What is indicated by this signal? (01 *mark*)

(b) If you have been provided with 16 players and two footballs, select a football kick you mentioned in question C(i), and design and write **two** suitable activities to develop the proficiency of the selected kick after teaching it to the players. (04 *marks*)

PAST PAPERS WIKI

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